



Train Like an Astronaut: Adapted Physical Activity Strategies

Agility Astro-Course

YOUR MISSION

You will complete an agility course as quickly and as accurately as possible to improve agility, coordination and speed. After you have completed the Astro-Course and recorded your times, you will comment on your agility during this physical experience in your Mission Journal.

LINK TO SKILLS AND STANDARDS

APENS: 2.01.06.01 Develop and implement programs that stimulate vestibular, visual, and proprioceptive senses





Activity Specific Terms/Skills

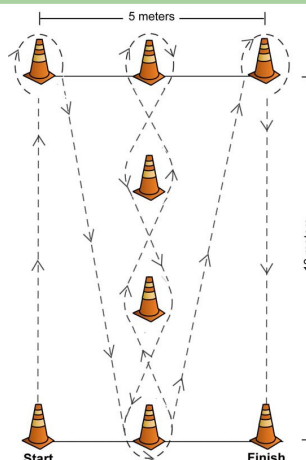
Agility, Spatial Awareness, Laterality and Directionality

SPACE RELEVANCE

When astronauts go into space and return to Earth, they experience challenges with balance and body control due to changes in gravity. When they leave the Earth, their bodies adjust to little or no gravity. Upon return, their bodies have to re-adjust to Earth's gravity. The agility course is used to measure balance, foot-work skill and agility in response to gravity changes. After a few weeks back on Earth, their balance control returns to pre-flight condition.

WARM-UP & PRACTICE

-  Walk the course with the individuals
-  Walk or run in a straight line, go around a single cone and return
-  Break-up Agility Course from simple to complex shapes
-  March in place



**SUGGESTED ADAPTED
EQUIPMENT:
BALLOON OR POOL NOODLE**





Agility Astro-Course

LET'S "TRAIN LIKE AN ASTRONAUT!"

Adjust steps and procedures as appropriate for participants

- ▲ Lie face-down on the ground at the starting point.
- ▲ When time starts, jump to your feet and run the course to the finish following these criteria;
 - Complete the course as quickly as possible.
 - Do not touch or knock over any cones.
 - Touching or knocking over a cone is a 2 second penalty added to your completed time for each cone infraction.
- ▲ Record your final time in your Mission Journal.
- ▲ Record any penalties that occurred in your Mission Journal.
- ▲ Rest at least one minute.
- ▲ Return to the line, repeat the Agility Astro-Course at least three times, following the same directions as the first time.
- ▲ Continue to practice improving your movements, accuracy and time.

TRY THIS! *Some ideas for Adapted Activity*

- ▲ Visual aids as directional floor guides, larger cones, pool noodles or balloons placed upward on cones extending visual field to travel through course; color floor markers; numbers; pictures;
- ▲ Travel in a single direction and gradually increase course complexity
- ▲ Start position standing up
- ▲ Limit/reduce the length/size of the agility course
- ▲ Increase/widen size of travel pathways for wheelchairs and walkers
- ▲ Incorporate preferred object/peer buddy-partner/motivating item to encourage student to move through course
- ▲ Allow student to move through course seated or lying prone (on scooter)
- ▲ Use sound emitting equipment (beeping, jingling) placed along course to touch and move through to end

